

# February Bathroom Banter

## COVID-19 TESTING KITS

### Get a FREE at Home Testing Kit

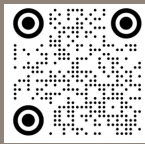
Starting JAN 19, you can order one set of four (4) free at-home COVID-19 tests for your residential household from the USPS.

The tests available for order are rapid antigen at-home tests (not PCR), can be taken anywhere, give results within 30 minutes.

#### Important Details About Your Order:

- Limit of one order per residential address
- One order includes four (4) individual rapid COVID-19 tests
- Orders will ship starting in late January

Order your **FREE** at home COVID-19 testing kit today!



## AMERICAN HEART HEALTH MONTH

February 2022

February is National Heart health month. A time to focus on your cardiovascular health. Simple ways that you can care for your heart health by -

- Knowing your numbers (blood pressure, weight, cholesterol, A1C, and glucose levels)
  - Being aware of your numbers can help you prevent a chronic illness or reduce your chance of heart-health illnesses
- Consuming fresh red colored foods
  - Eating red foods can help you clean your blood and detoxify the body
  - EX: Beets, Tomatoes, Pomegranate
- Setting a goal for 10,000 steps a day
  - Walking has a low impact on the knees and high impact on health and your quality of life!

# COSA Well

## WELLNESS WORKSHOP

### The Power of Radical Self Care

selfcare



Radical self-care is defined as "affecting the fundamental nature of something." We are all human and lead lives outside of work. Often self care can be glossed over, however, it's vital to everyone.

This month we host speaker, Lisa Ingle-Stevens. Lisa is the founder and owner of The U-Institute, and various health studios in the San Antonio area. Lisa's mission in life is to provide the tools both mentally and physically to support others in living their best lives and heal their pain.

February's wellness webinar will speak on the importance of self-care, provide resources on how to have the best self-care for you, and unearth ways that you can enhance current self-care routines.

MONDAY

FEBRUARY 14

1-2 PM

Sign up Today!



Wellness@sanantonio.gov

## HEALTHY RECIPE

### Peanut Butter Banana Protein Bar

• SERVES| 6 BARS • SERVING SIZE| 1 BAR •

Snacks are sneaky. They are often filled with lots of hidden sugars, preservatives or other ingredients that we dismiss.

Try this Healthy Granola Bar Recipe! It's convenient when you are on the go and will fuel you with lots of Heart Healthy Ingredients!

#### Ingredients

Cooking spray

2/3 cup uncooked quick-cooking oats

1/3 cup buckwheat flour

1/4 cup ground chia seeds

1/4 cup chopped walnuts

1/2 teaspoon ground cinnamon

2 medium bananas, mashed

1/4 cup creamy low-sodium peanut butter

15 drops chocolate-flavored liquid stevia sweetener

2 teaspoons stevia sweetener OR 4 stevia sweetener packets

#### Directions

1. Preheat the oven to 350°F. Spray a 13 x 9 x 2-inch baking pan w/ cooking spray.
2. In a medium bowl, stir together ingredients.
3. Spread the mixture into the baking pan.
4. Bake for 12-17 min, or until a toothpick inserted in the center comes out clean.
5. Cool for 20-30 min then cut into 6 bars.